

Greater Fredericksburg Emmaus Community Newsletter

January 2024

Happy New Year, Greater Fredericksburg Emmaus Community! We are excited to welcome 2024. We have started planning for the year and are excited for some great opportunities for fellowship and growth during the first half of the year. We hope you will be able to join us!

Upcoming gatherings:

Our community gatherings are held on the second Saturday of each month. The Board meetings are at 2, followed by a time of fellowship from 3:30-4 and the gathering begins at 4 pm. If you would be interested in hosting a gathering at your church, please reach out to Mike Wilson at wilsoninfred@gmail.com or 540-226-2259.

- January 13th--January board meeting/Gathering--Stafford County Christian Church, Mt. View Rd., Stafford
- February 10th--February board meeting/Gathering--**TBD**
- March 11th--March board meeting/Gathering--Fairview Baptist Church, Fredericksburg, VA
- April 13th--April board meeting/Gathering--Olivet GMC, Spotsylvania
- May 11th--May board meeting/Gathering—TBD—Tentatively Liberty UMC, Bealton, VA
- June 8th--June board meeting/Gathering--Blue Mountain Ministries--Summer Picnic Gathering-times TBD

Community events:

Day Four Restore

YOU NEED THIS!!! Nothing can replace the feelings created during your walk--that fire, that desire. The further you remove yourself from your walk, the possibility exists that those feelings will diminish. The DAY FOUR RESTORE is designed to help rekindle that fire. *Please plan to attend our DAY FOUR RESTORE on June 1!*

Who: YOU

What: DAY FOUR RESTORE

When: SATURDAY, JUNE 1 from 9:00 am – 3:00 pm

Where: FREDERICKSBURG UMC

Why: BECAUSE YOUR SPIRIT NEEDS THIS!

On-line signup coming soon! Please check the newsletter monthly for updates!

Questions: Rhett Lowery at rhettlowery@comcast.net or 540-760-3635

Face to Face Encounter 4
April 30, May 2, 7 and 9, 10:00 AM – 4:30 PM
at Fredericksburg UMC

It is time to invite your friends and fellow worshippers to ENCOUNTER the Risen Christ. Face to Face is an experience in the tradition of the Walk to Emmaus designed for persons over the age of 60. The Encounter allows the opportunity to rediscover God's presence, gain a fresh understanding of God's transforming grace and form friendships that foster faith.

It is TIME TO PRAY for the Encounter and invite others to have an experience similar to what you experienced on your Walk. Participants will hear talks by clergy and laity, participate in Holy Communion, engage in table discussions, pray, sing, eat and fellowship with others in the body of believers. Registration is only \$30.00 and forms are available beginning at the January Gathering. If you have questions or to receive registration forms, contact Kay Phillips, F2F#4 Lay Director (kayphillips1951@gmail.com or 757-615-3996) or Board Representative Bob Pickett (bob.pickett1@verizon.net or 540-834-3068).

De Colores
Kay Phillips, F2F #4 Lay Director
SW VA #55, Table of Martha

Peggy Weber's Face to Face Journey:

At this time in my faith journey, I was seeking to build a closer more personal relationship with God. During my journey I have attended church regularly (admittedly with some lapse times), read my Bibles (I have more than one version), attended classes and Bible studies (such as Disciple). I still did not feel that connection I was looking for.

A good friend and my daughter (attended Chrysalis when a teenager) encouraged me to participate in Face to Face #3. I am so glad I did! I am still on my journey but feel closer to God each day. Face to Face helped me to see that I'm not alone on my journey. There is a community ready to help along every step of the way.

The format of Face to Face--2 days a week for 2 weeks-- was particularly good for me, as I'm not in a position to be away from home for 3 or 4 days. It also gave me time to reflect on the events and testimonies. I did not feel overwhelmed with too much too fast. Discussions within the group were easy and relaxing without pressure. There was much joy, music, laughter but also times when I felt the weight and meaning of Christ's sacrifice for us.

At this time, I was carrying anger, hurt and resentment over an event in my family. At Face to Face I was finally able to move on. I will never forget (nor maybe forgive), but I know God's answer was the right one though not the one I wanted.

Peggy Weber
Face to Face #3, Table of Peace

From the community:

Testimony from our community member, Patricia Sjöberg

Greetings in Christ! My name is Patricia Sjöberg, I worship at New Hope United Methodist Church, I walked on FE96 and sat at the table of Anna.

Wow. A lot has happened since my walk in November of 2014. I have served on several Emmaus walk teams, which kind of offshoot to several of us forming a band – The Rainbow Butterfly Unicorn Chicken All-Girl Band. I have continued to serve my church, facilitating Disciple Bible studies, as well as serving as pianist when our music minister and pianist left. The pandemic was something of an annoyance, to say the least, but God keeps on working, pandemic, fire, storm, earthquake, what have you. I am grateful to simply have played a part in the growth our church has seen and been part of those welcoming new faces as they come in to love, serve and grow in faith.

Recently, I have had to give up my own home (we are going to rent it out) and move in with my mother. She is 94 (some of you have met her, she has been to one or two gatherings), and now faces great challenges, mobility-wise. My daughter and her husband (newlyweds in 2022) live in the basement, and we all coordinate her care, along with a couple of people who come in several hours a week. I am still working full time, so there is also that stressor. It has been challenging, all this change.

Yet, God is here in the change, and I find myself calling on His strength, and his power to lead me through all I need to do. Four of us who have teamed together have our own accountability group, similar to a reunion group, and we have started meeting every Friday, sometimes in a church classroom, sometimes in a restaurant, sometimes in a member's home. This group helps me remember that God is my all in all, and that a life in grace means I must continue to call on Him. We pray together, and talk together, and share our challenges together. God means for us to live in fellowship, and not to go on alone.

Thank you for inviting me to share!
De Colores!

Welcome to our new board members!

Please welcome our 2024 class of members to our Greater Fredericksburg Emmaus Board!

Brad Phillips—Spiritual Director--I am a retired Methodist minister. I walked on Tidewater 42 in 1998. I have been an SD in Tidewater Emmaus. I served as a Community SD in Loudon Valley Emmaus and here in Fredericksburg. I have teamed on three Walks in Fredericksburg and three Face to Face walks. I have been a lead Spiritual Director on 8 walks.

David Witmer--My home church is Peace UMC. I walked on FE 117 and sat at the table of Phinehas. I'm currently employed CIV at Dahlgren Navy Base as a Supply Systems Analyst. I served on FE 119 on the servant team, attend regular monthly gatherings and served as an ATL on FE 121. At Peace UMC, I am the youth director and plan all actives for the youth and teach Sunday school classes. I also am the vice president of our UMM men's group and have completed training as a Stephen's Minister. On Sundays, I work the AV room, operating the cameras for our pod cast at our 8:30 and 11:00 services. During the weekly services, I give a short youth message on the planned topic of the week. I coordinate an annual

weeklong youth mission trip working with Appalachian Service Project (ASP). This program and focuses on teaching young adults to serve God through serving their community.

Chris Czubowicz--I walked on FE-107 and sat at the table of Matthew. I worship at Goshen Baptist Church. At Hillcrest UMC, where I attended until the end of last year, I ran our GriefShare ministry (which I will continue at Goshen), chair our Outreach and Community Events and serve as our Men's group president. At Goshen, I serve in the Children's ministry and help with the youth ministry. I've served on Hillcrest's board of directors for the past 12 months and was part of the district's trustees. I have been a servant on 2 walks and been in the talk room as an ATL once.

Jenn Bumbrey—My Emmaus journey started in 2016 when I walked on FE102. I've been an active participant in the community since my walk. I've been blessed to be able to team on every walk since I walked. I've been an assistant table leader, a table leader, and also an ALD a few times. I'm looking forward to helping lead and grow this community back to as strong as it was before Covid. I've served in numerous positions in my church. I've been involved in children's and youth ministries, VBS assistant, and after school program support. I've been to lay servant training and have filled in for my pastor. I've served on the SPPR and the board for the church. In my current church, I serve on their prayer team.

Karen Campbell--I worship at River Club Church, I walked on Fredericksburg Emmaus #73 and sat at the Table of Ruth. I have been blessed to serve on many teams and in many aspects of the community, including Weekend Lay Director. I am an active member in my church. We are members of a life group that is very active in service. I am head of hospitality and work with a few volunteers to cover each Sunday.

Reunion Groups

Why not start your own reunion group? These do not have to be big clubhouse affairs; three or four people can be an ideal size for sharing our faith journey along the way. You can have a church-based reunion group, a team-based reunion group, or a reunion group of people you met on your walk. The possibilities are endless. I belong to a reunion group of four people. We meet once a week (most of the time) and share our faith journeys.

If you have a reunion group and would welcome new participants, or you are interested in starting your own group at your church, in your neighborhood, or virtually, please contact me at patricia@imperialnavy.net, or text me at 757-695-0160. I would be glad to help publicize your new Emmaus Reunion Group!

DeColores,
Patricia Sjöberg
FE96, Table of Anna

Monthly newsletter and other communications

If you have information you would like to share with our community, please reach out to Joanne Wilson at wilsoninfred@verizon.net or 540-220-1299. Our newsletter is sent each month, the Monday before our gathering.

Our website is www.fredwalk.org and our Facebook page is Greater Fredericksburg VA Emmaus--
<https://www.facebook.com/fredvaemmaus>. If you have suggestions for either page, please let me know!

Coming in February

Prayer requests, introductions to our new Community Spiritual Director and Community Lay Leader, and an updated list of our Greater Fredericksburg VA Emmaus Board. Updates on Day Four Restore, Face 2 Face 2 Face Encounter #4 and more! See you at the gathering on Saturday, January 13th at Stafford County Christian Church on Mt. View Road in Stafford!